

## Who We Are:

The Family First and Foremost (F3) Family Resource Center of Information and Support is a place for service providers and families of youth with mental health issues to call for information and support. It is operated for families by families who have also experienced the heartache, frustrations and challenges of raising youth with mental health issues.

Although our community offers many programs to help such families, most families don't know what services are available to them. The F3 Family Resource Center has current files on well over 100 service providers and has categorized their services according to which kinds of services families identified as being important for them to locate.

## Who We Serve:

Any family member or service provider seeking information about services available to families of youth with Serious Emotional Disorders.

## How We Provide Help:

When a parent, guardian or provider calls for information, we are able to provide:

- A list of community service providers to help with their specific needs
- Brochures from service providers
- Family-friendly answers to questions and concerns not always addressed in brochures
- Testimonials from other families regarding what they found to be helpful
- Additional materials and resource information
- Knowledge of if a family qualifies for F3 Wraparound services

## Examples of Requested Information.....

*A mother of a youth going to court needing a list of all who provide residential treatment for youth with substance abuse problems. She was given brochures to review so she could request a preference of placement to the judge.*

*A father of a youth diagnosed with Reactive Attachment Disorder wanting fact sheets on the disorder and any testimonials from other parents of RAD youth regarding what worked well for them.*

*A professional in the community seeking help and information for a client.*

*A Service Provider wanting lists of all who provide in-home services (e.g. Intensive Family Preservation; Home-Based therapy; Family Support Workers).*

## ... And Support

*A parent feeling absolutely drained wanting to speak with another parent who had "been there". Friends didn't understand why they couldn't leave their 16-year-old bipolar son home alone with his 13-year-old brother.*

*A parent wanting to speak with another parent about the heartache of seeing their child violent or severely depressed during holidays, and of trying to keep the atmosphere "normal" for the other children in the home.*